



Family-To-Family Education Program

Free for family members, partners and friends of
individuals with

**Major Depression
Bipolar Disorder (Manic Depression)
Schizophrenia and Schizoaffective Disorder
Borderline Personality Disorder
Panic Disorder and Obsessive Compulsive Disorder
Co-occurring Brain Disorders and Addictive Disorders**

A series of 12 weekly classes structured to help caregivers understand and support individuals with serious mental illness while maintaining their own well being. The course is taught by a team of trained NAMI family member volunteers who know what it is like to have a loved one struggling with one of these brain disorders. **There is no cost to participate in the NAMI Family-To-Family Program.** Over 300,000 in the U.S., Canada and Mexico have completed this course. We think you will be pleased by how much assistance the program offers. We invite you to call for more information.

Classes Start on September 9, 2012

7:00-9:30 PM

Glendale Church of Christ

2021 W. Glenoaks Blvd.

Glendale, CA 91201

Parking in the rear

(Please do not call the church)

To register please e-mail: sh8djb@earthlink.net

Or call 323-882-6998 or 323 610-1009